



Congratulations to all those who advanced.

Vol. 20 No. 45

Nov. 14, 2003

XO calls for safer driving practices

By JO1 Craig Coleman
Staff writer

Capt. Ken Bitar, executive officer of NAS Sigonella, recently called for increased driving safety awareness and more personal responsibility in the wake of traffic mishap and driving under the influence (DUI) numbers far exceeding those of the first three quarters of last year. Bitar made the remarks during the latest edition of "Feedback," a community call-in show broadcast on American Forces Network television.

Bitar was especially concerned that Sigonella traffic accident statistics suggest that base personnel are in danger of more incidents during the upcoming holiday season. "We're not doing very well," said Bitar. "We are hurting for people to pay better attention while driving."

The executive officer noted that the recent trend in alcohol-related driving incidents could become even more costly. "So far this year, we've had 48 DUIs and 86 other alcohol-related incidents," Bitar said. "I'm surprised we haven't sent someone home in a box yet." NAS Sigonella averages more than two vehicle accidents per day.

Bitar also warned that break-ins in both vehicles and homes are increasing. "We have had 35 house break-ins, 14 stolen vehicles and

Feedback, page 9

Dental: Keeps the smile on your face

By AN Michelle Hartgraves
Staff writer

You take a bite out of that delicious green granny smith apple you have had your eyes on for the last hour. However, the thought of savoring that first bite gets thrown out the window as you cringe. Instead of eating the apple you now have a searing pain in your mouth. Uh-oh, you think, I shouldn't have skipped that dental appointment last week.

Servicemembers, civilians and Local Nationals at the Flight Line Clinic and Naval Hospital Sigonella work hard at keeping you smiling. Armed with information regarding anything from cleaning teeth to root canals, they are equipped to take care of our pearly whites.

Their mission is to retain 95 percent dental readiness at all times for servicemembers. "We're here mainly for active duty," stated Capt. Rocco Babinec, Officer in Charge of Branch Dental Clinic. However, Babinec pointed out, that does not mean that civilians and dependents will go overlooked, they will be seen as soon as possible.

Dental, page 11

Naval Hospital Goes Global

HM2(FMF) A. Geron

U.S. Naval Hospital Sigonella has introduced a new way to bring healthcare to the home front. Recently, the command's web development team introduced a new command website in an attempt to make life just a little bit easier for those receiving care at their facility.

The new website boasts many new features including patient education, hospital services, command mission, and community availability postings. The site will also offer the new services that will soon be available through TRICARE Online.

Have you ever wanted to ask the Hospital's Commanding Officer any questions? The new website offers a link called "Ask the Skipper", which enables anyone to ask questions that are important to every Sigonellan regarding the services rendered at the Naval Hospital. The site also presents the opportunity to make suggestions or compliment the staff after visiting the medical facility right in the privacy of your own home or at any internet capable PC worldwide.

Naval Hospital Sigonella's Web Development team would like to invite all Sigonellans to visit their new website at www.sig.med.navy.mil.

Today's Hometown Weather



High 43° F - Low 20° F
Partly cloudy

Stray animal facility gets new location



Photo by JO3 Steve Weaver

A Sailor of NAS Sigonella's Stray Animal Facility checks on two of the occupants in the "cat room" of the new Stray Animal Facility, which opened on Nov. 3. The new facility has increased capacity and a climate controlled room for the cats. By the way, even the kittens read The Signature!

By JO3 Steve Weaver
Staff writer

On Nov. 3, Naval Air Station Sigonella's Stray Animal Facility (SAF) moved to a new home in the rear of the new Security building on NAS I.

The move marks an improvement for not only the furry occupants of the facility, but also for those who work with the animals.

"It has better sanitary facilities, an enclosed area for heating and cooling in the cat room, and is easier to clean and maintain," said IT2 David Lewis, SAF leading petty officer (LPO). "It's going to eventually have a washer, dryer, water heater and everything."

There is also more room for the would-be pets. "Before, we could only have five.

Now we can have six bottom kennels for large dogs and eight top kennels for small dogs. Plus, in the cat room, we have ten cat cages. Each cat cage can hold up to three kittens or one large cat. So it increases the volume immensely." The facility is also indoors so the Sailors don't have to be outside taking care of the animals in winter or summer. "The individual kennels are bigger. It's just so much better than the old one. The old one you had to walk hunched over most of the time, this one is just roomy and nice."

"It is easier to work with the dogs here," said PH3 Gunnar Gorder, kennel coordinator. "It's easier to control the animals. The cats definitely have a nicer set up with wooden cages and a climate controlled room. They are way better off than in metal cages in a breezy shack."

"I like it better because it looks like it's more humane to them," said AS2 (AW) Jose Andrade

of Aviation Intermediate Maintenance Detachment (AIMD), who has been to the old and new facility. "The old cages were beat up. Now they got their own nice pretty little cages."

The new facility is connected to the Security building, but is just like a professional kennel you would see anywhere in the States. "It is cleaner and bigger than the old one," said SH3 (SW) Shelly Kennington, assistant LPO. "The only thing we're lacking is a run, the dogs are in their cages all day long." A dog run is in the works added Lewis.

The new facility also offers better protection against diseases. "There's not as much of a chance of germs and diseases

SAF, page 13

Reservist makes something out of nothing



Photo by JO3 Steve Weaver

SK2 Frederick Short displays his Seabee bee sculpture in the Naval Air Station (NAS) Sigonella Public Works Department.

By JO3 Steve Weaver
Staff writer

Reservists come to Naval Air Station Sigonella throughout each year to contribute their talents for a variety of duties.

One such reservist recently graced NASSIG's Public Works Department with his talent for creating something out of nothing.

SK2 Frederick Short recently left his duties at PWD on Oct. 29, but he left behind some creative items the department can use for a wide array of items. These items include sculptures of the symbol of the Seabees that will be molded to create identical copies for use on plaques, clocks, signs and anything that it is needed.

Short first entered the Marine Corps in 1975. "When I got out the first time I thought that if I go back in I should be doing something I'm good at,"

he said. Short then reentered the Marines as a graphic specialist. "That was great," he said. "It was three years at Quantico. [We did] mainly graphics for training manuals, recruiting posters, signs...everything."

After the Marine Corps, Short decided to go to Minneapolis St. Paul to attend art college. "I got there and all the professors were saying, 'why are you going to college, why are you wasting your time' because I already had the ability," he said. Short got into the commercial art business, but instead of working for someone else, he decided to start his own business to be able to do art work as well as design. "But of course it turned into more design work than art work," Short said. "I like corporate design a lot, but I'd rather be doing art work."

"Originally I just started off doing just two-dimensional art and there was an opening for a sculptor at a pretty good size company back in 1985," Short said. "In 1985, I said if I can paint stuff, why can't I sculpt it?" Short's first venture into sculptures were for a rather large company with a trio of frogs. The first order for one of the items he made, which was mass-duplicated, was for 90,000 units. "I found I had the ability to translate two-dimensional into three-dimensional."

"After a while I decided the thing to do was to let that company run itself for a while and get out of it," Short said. During this period he was still working at creating wildlife art such as sculptures of elk and wildlife paintings. He also did illustration in the magazine "Bow Hunting World." Along that same period Short decided that he missed the military and thought about doing artwork in the Navy. "I finally called up the recruiter to go and see," he said. "I told the recruiter what I could do and I said 'what's my chances' cause I'm an old man. He said 'come on in.'" The only issue was the fact that the illustrator draftsman rate in the reserves is no longer available. "So it was not really an issue because I came in as a Storekeeper (SK), but even as an SK if you're commissioned to do this work, then you get to do it."

Short has made command emblems and artwork for a little over two years with commands such as the Naval Reserve Command in New Orleans and Commander, Task Force Five Three (CTF 53) in Bahrain. "Over in Artist, page 10



Direct Line

Capt. T.L. Davison
NASSIG
Commanding Officer

Vandalism is a crime. And it has struck the housing areas again. We have had some reports of vandalism, graffiti writing and destruction of government property in our housing areas recently. The U.S. Navy leases most of our housing areas so those living in them can have a decent standard of living and quality of life. However, when someone commits the crime of vandalism, they are not only doing so against the owners of the property, but against each of us.

I have asked the Security Department and the Naval Criminal Investigative Service to investigate these acts of misconduct. Whoever is found to be responsible will have to suffer the consequences. Some of the graffiti in the most recent episode provided us with slang names so hopefully it won't take them long to track the person or persons responsible. We cannot afford to have a very small minority continue to deprive others. If the criminals are children or youth, then I will hold their sponsor responsible for the damages. It could be very expensive. The entire base should not be held liable for someone else's inappropriate, destructive actions.

We are working hard at NAS Sigonella to build high-quality living and working environments, which will benefit all of us. During this 10-year \$675 million recapitalization project, we are literally building from the ground up. On NAS I, we have to tear down buildings before we can build new ones. As you see by the new galley and Crater Pub, the construction of the new MWR building is progressing nicely. The MWR complex will provide the community with two movie theaters, an indoor running track, gyms, bowling alley and more. It will be a spectacular "site" to see once it's all done.

The new Chapel, Administration building and Community Center will open this spring. Additional parking lots will be on the west side of these buildings and will provide us with over 200 more spaces. This will benefit the DoDDs teachers, workers and staff members and also those agencies that will move into these new buildings. NAS II construction of the parking garages will begin this spring. The Supply buildings also on NAS II are having their finishing touches put on them. The new Fleet Mail Service Center window is available 7-days-a-week for package pickup for your convenience.

We spend numerous hours of planning, budgeting, building and more on a daily basis in order to provide the more than 8,000 people who live and/or work here with a level of service they should expect. Not only is our job to provide logistics support to the NATO forces and the U.S. SIXTH Fleet in the Med. Our job also includes providing logistics support to you and your families.

It's up to all of us to maintain the spaces and environment we live and work. We are guests here and we all have the responsibility to conduct ourselves appropriately by treating each other with respect. Please respect the property of our landlords, our neighbors, and our nation.

NJP results

E-4 On Oct. 8, Violation of UCMJ, Art. 111. Awarded restriction to the limits of U.S. Naval Air Station Sigonella (NAS II) for 45 days; extra duties for 45 days; to forfeit \$912 per month for two months; reduction to next inferior paygrade.

E-3 On Oct. 4, Violation of the UCMJ, Art. 111. Awarded restriction to the limits of U.S. Naval Air Station Sigonella (NAS II) for 45 days; extra duties for 45 days; to forfeit \$645 per month for two months; reduction to next inferior paygrade.

YN "A" School goes interactive

By JO2 Diane Jones, Naval Personnel Development Command Public Affairs

MERIDIAN, Miss. (NNS) — Beginning now, the Sailors who are destined to become future Yeomen (YN) are in for a great surprise. The 'A' school they were expecting is now online. A Revolution in Navy Training innovation, Sailors now learn to become YNs through a virtual online office that simulates the environment Sailors will encounter at sea.

The new prototype of YN 'A' school is an interactive online course taught in a classroom environment. Students will learn through a virtual office. For example, a student can click on a filing cabinet and learn about the Navy's filing system, among other pertinent skills. Instructors are replaced by facilitators who are there to help students navigate through the coursework.

Sailors can work their way toward becoming a qualified Yeoman at their own pace. These Sailors will now be able to begin YN 'A' school as soon as they arrive in Meridian, Miss.

"The Yeoman course normally takes five weeks to complete. With the new hands-on, reality-based course, the time could be cut down to as little as three weeks. It's all up to the Sailor," said Dean Norman, director of Innovations and Analysis at the Naval Personnel Development Command/Task Force EXCEL.

Using this prototype as the example for the future of learning will save the Navy a significant amount of money. According to Norman, it's thought that just the YN 'A' prototype alone can save the Navy up to \$900,000 the first year.

Not stopping with the YN 'A' school, the revolutionary approach will eventually extend to all the Administrative 'A' schools. This means that the Personnelman, Religious Program Specialist, Aviation Storekeeper, Storekeeper, Ship's Serviceman, Aviation Maintenance Administrationman ratings, as well as the Flag Writer follow-on school, will become a self-paced online interactive course. The face of traditional A-schools are changing.

"This prototype, as well as the Electricity, Electronic, Communications and Radar prototype launched earlier, will have far reaching results," said Norman. "These innovations are bringing knowledge to Sailors, wherever they are and when they need it."

"We're letting our Sailors get there at their own pace," said Norman.

For more information about the innovation at YN A-school visit www.nko.navy.mil.

For related news, visit the Naval Personnel Development Command/Task Force EXCEL Navy NewsStand page at www.news.navy.mil/local/tfe.

The Pulse

SPRINT: The Navy's response to disasters

LCDR Brice Goodwin
Head, Mental Health Dept

The Navy, like the other branches of military service, has established a team of specially trained individuals who provide assistance in response to disasters, or what are often called "critical incidents." The need for some form of intervention became evident after it was observed that individuals who had been exposed to some type of trauma or were involved in the rescue and/or recovery operations such as shipboard accidents, aircraft mishaps, and combat casualties experienced an increase in alcohol abuse, depression, and anxiety, as well as psychosomatic complaints that included headaches, stomach problems, and various bodily aches and pains. The formation of this critical incident response team came to be called the Special Psychiatric Rapid Intervention Team, or SPRINT.

SPRINT's main purpose is to assist personnel in coping with stress and help facilitate the normal recovery process so that people can return to their previous levels of personal functioning. More specifically, it helps normal people cope with normal reactions to an abnormal event. Studies have shown that individuals exposed to traumatic situations are more susceptible to developing difficulties later on if they are not provided with assistance and support in coping with the trauma. The most common side effect from exposure to these events include those mentioned above, as well as marital problems, suicidal thoughts and/or behaviors, and aggressive behavior towards others.

These problems became widely known following the post-Vietnam era when the term Post-Traumatic Stress Disorder, or PTSD was used to describe an array of symptoms that included reexperiencing the event in the form of upsetting dreams or recollections including thoughts, images, or perceptions; avoiding situations or things that would remind the person of the event, which might include conversations with others or avoiding people and places that would remind them of the event; and physical symptoms such as insomnia, concentration problems, increased startle response and being overly attentive and vigilant of their surroundings. It is important to know that not everyone develops symptoms, but that it seems to be related to such factors as the length of exposure to the traumatic incident, the intensity of the situation, and the individuals' overall psychological well-being prior to the event.

For example, someone exposed to intense fighting over an extended period of time, who was experiencing stress and anxiety symptoms prior to deployment, is more at risk of experiencing post-traumatic symptoms than one who spent a brief period of time in combat, saw little fighting, and was doing well emotionally prior to deployment. The Sigonella SPRINT provides services to the European theatre on a rotating call schedule, as well as services to local commands that have experienced or been exposed to a critical incident. The services that SPRINT provide follow a structured approach which is not therapy but rather a formal group discussion that helps people to talk about the troubling events and images and provides education and teaching on expected symptoms and coping skills to aid in the recovery process. Additional information can be gained by calling the Mental Health Department at 624-4840.

For example, someone exposed to intense fighting over an extended period of time, who was experiencing stress and anxiety symptoms prior to deployment, is more at risk of experiencing post-traumatic symptoms than one who spent a brief period of time in combat, saw little fighting, and was doing well emotionally prior to deployment. The Sigonella SPRINT provides services to the European theatre on a rotating call schedule, as well as services to local commands that have experienced or been exposed to a critical incident. The services that SPRINT provide follow a structured approach which is not therapy but rather a formal group discussion that helps people to talk about the troubling events and images and provides education and teaching on expected symptoms and coping skills to aid in the recovery process. Additional information can be gained by calling the Mental Health Department at 624-4840.

Stand by for evening prayer

By Chaplain
Phillip B. Creider
Command Chaplain

It's 2155 and it's a beautiful night. The stars are out, the wind is over the decks, and there's just enough rock 'n' roll to the ship to help people sleep.

Up on the bridge, the Bo'sun raises his voice and hollers at the Bridge Watch: "Silence on the Bridge for Evening Prayer." He then grabs the One-MC, pipes the call, and says to the whole ship, "Stand by for Evening Prayer."

The ship grows silent. The chaplain takes the mike from him, takes a deep breath, and says:

"Lord God, it's been a busy time for us. We've had lots and lots of work to do and not much time to do it. In fact, we've been overworked. The Navy certainly has gotten their money's worth out of us. We've earned every penny of our pay, and then some."

And we haven't had too much time for liberty. Dam little of it. No beer days, either.

And sometimes, Lord, when we have had liberty, we haven't always acted very good. We've cut loose too much. In fact, some of us have gotten in trouble and have had to stand before the Chiefs, the XO, and the Captain. We should have known better, Lord, but we didn't. And now, some of us are having to pay.

So, help us to be sorry, Lord, for the dumb things we've done wrong. Help us to learn from our experiences, and the experience of others. Help us not to do that bad stuff again.

Lord, most of us have tried to do our best. We're far from home and

we've done without. Sometimes, living conditions have been hard, but that's what we signed up for when we joined and raised our right hands. We're here to defend our freedom and to help make others free. And we have helped to make others free.

If we've had to do without, well, we don't like it, but we can live with it. "Freedom isn't free," they say.

We've seen a lot of interesting places, too, Lord.... Places we just wouldn't have seen if we would have stayed down on the farm or up in the city. Gees! People back home wouldn't believe half the stuff we've done or seen, even if we told them. Some things, we didn't even take pictures of. You know what that's like, Lord.

Some of us are shoving off for other places, too, Lord, and I'm one of them.

I hope that I did a good job on board. I've wanted to do my best and give my best. I've stood up for what's right and I've stood by others who have done the same.

I've stood by others, Lord, who haven't done what's right. I've just been there to help them out and help them start all over again. I'm a chaplain.

Lord, sometimes I picture myself as a monk of old, marching in front, next to the troops who are going in harm's way and to get the job done... or just going to get the job done. I'm here to take care of them.

I've been proud to do it, too, Lord; proud of the people I've been with.

I think of my grandpa and his family. They were in the Navy... for the First and Second War. I think of my dad and his family. We were in the Navy, too... through the Second War. Gees, I hope that I can come up to their level of sacrifice, courage, and honor. They taught me so much. They are "Old Navy" and I love them so

much. Thinking of them has helped me keep going, at times.

So, Lord, watch out for everybody. Give us pride and happiness in our work. Keep us safe. Help us to take care of each other... to be good Shipmates.

Give us Your best blessings will you, Lord? Amen.

NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Worship
Sunday 9 a.m. Chapel (NAS II)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m.
Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m.
(NAS I & II Chapels)
Wednesday Protestant Bible Study
4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.



CRIME STOPPER'S HOTLINE
624-6389
Nov. 3 - Nov. 9

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 8
Traffic accidents with injuries - 7
Car break-ins - 5
DUI - 2
DUI's 2003 - 50
DUI's 2002 - 35

Commanding Officer Capt. Timothy L. Davison	Deputy Public Affairs Officer Alberto Lunetta	Staff Writers AN Michelle Hartgraves
Public Affairs Officer Lt. Steve Curry	Asst. Public Affairs Officer JO1 Craig Coleman	Editor JO2 (SW) Brian Johnson
The Signature editorial office is located at: Naval Air Station Sigonella, Sicily PSC 812 Box 3020 FPO AE 09627 Telephone: 095-86-5440; DSN 624-5440		JO3 Steve Weaver

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of *The Signature* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the United States Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense or *City Crier, Inc.*, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. *The Signature* is published weekly by *City Crier, Inc.*, PSC 812 Box 3020, Shawn Kelley, Publisher. Telephone: 349-391-6027. Editorial submissions are welcomed from all NAS Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via e-mail at any of the addresses located below the staff's names, guard mail stop #68 or hand-delivered no later than close of business Friday preceding expected publication date. All articles submitted by non-staff members will be considered contributing writers. *The Signature* will not publish any anonymous articles. All advertisements in this publication are the property of *City Crier, Inc.* Any reproduction of advertisements in *The Signature* is unauthorized without the written consent of the publisher.

NAVY NEWS

UNITAS builds up multinational force interoperability

By Lt. Mike Cody and Lt. jg. Ligia Cohen, Commander, U.S. Naval Forces Southern

PUERTO BELGRANO, Argentina (NNS) — UNITAS 45-04, conducted Oct 16-28 in the South Atlantic, brought together naval forces from Argentina, Brazil, Peru, Spain, Uruguay and the United States to conduct coalition operations in a highly technical training environment.

USS Stump (DD 978), USS Robert G. Bradley (FFG 49) and their embarked detachments from Helicopter Anti-Submarine Squadron Light (HSL) 42 and 46 joined a task force of two submarines and 11 ships to engage in two-weeks of intense training.

UNITAS developed the force's interoperability through a series of training evolutions during a one-week work-up phase, and later tested the forces' ability to operate as a multinational coalition during a three-day final battle problem. The pace and complexity of the UNITAS exercises follow closely the training undergone by U.S. ships preparing for deployment.

"UNITAS has evolved over the years and now encompasses many of the same operational exercise requirements accomplished during U.S. strike group pre-deployment work-ups," said Capt. Mark Klatt, commander, Destroyer Squadron (CDS) 14 and commander of the U.S. Task Group participating in UNITAS Atlantic Phase. "UNITAS 45-04 takes advantage of new systems, equipments and processes to better prepare U.S. and South American ships and crews to be ready to rapidly form a functional war-fighting multinational force."

One of the major innovations introduced for the first time in UNITAS was the use of the Ship Deployable Surface Target (SDST) during surface gunnery exercises. This system consists of a jet ski outfitted with electronics that enable remote-control operation. The SDST is operated through a data link system that sends information back and forth from the jet ski to a portable command and control unit, allowing the jet ski to dip and zigzag at the will of the operator.

"Because the SDST is a dynamic target, it simulates more closely an actual threat coming at your ship," said Chief Electronics Technician (SW/AW) Michael Paige from Afloat Training Group in Mayport, Fla. "The training is more realistic and complex, because the ships now have to consider many other



A NATO Sparrow surface-to-air missile is launched from the deck of USS Stump (DD 978) as a multinational force formation sails in the background during an anti-air defense evolution conducted as part of UNITAS 45-04 Atlantic Phase. UNITAS provides the participant navies the opportunity to train together and develop interoperability in a highly technical environment.

variables that normally do not come into play with regular stationary targets."

Besides the incorporation of high-tech training tools, UNITAS 45-04 encompasses the same deliberate planning process and final battle problem concepts practiced during U.S. strike group training today, including the integration of the Sea Combat Commander warfare organizational concept, a relatively new scheme in U.S. strike groups. Additionally, tactical aids developed at Tactical Training Group Atlantic and war-fighting tactics developed at Surface Warfare Development Group are being used to refine the scheme of maneuver and operations contained in UNITAS events.

"UNITAS has continued to improve RGB's readiness by allowing us to participate in several exercises in the anti-submarine, anti-surface and anti-air warfare areas. We were the surface action unit commander for an exercise with four ships tracking underwater mobile targets and fired a recoverable exercise torpedo. We have been alongside oilers four times in six days honing our proficiency in underway replenishments," said Cmdr. Michael A. Strano, RGB commanding officer. "The entire crew has come together and is becoming quicker, more efficient, more accurate and a stronger team because of UNITAS."

Russian Sailors take time to enjoy Pearl Harbor's 'Spirit of Aloha'

By JO1 Daniel J. Calderon, Commander, Navy Region Hawaii Public Affairs

PEARL HARBOR, Hawaii (NNS) — More than 300 Russian Federation Sailors pulled in to Naval Station Pearl Harbor Oct. 24 aboard the Russian Federation Navy Udaloy-class destroyer RFN Marshal Shaposhnikov (DDG 543) and Russian Dubna-class light oiler RFN Pechenga.

The visit marked the first time Russian ships have stopped in Pearl Harbor since 1995. At that time, Russian ships were in Pearl Harbor participating in the combined maritime disaster relief exercise, Cooperation From the Sea.

"It is a very great pleasure to meet you," said Vice Adm. Victor Nikolaevich Mardusin, first deputy commander of the Pacific Fleet of the Russian Navy, when he disembarked from Marshal Shaposhnikov and shook hands with Rear Adm. Jonathan W. Greenert, deputy commander and chief of staff, U.S. Pacific Fleet.

Even though the day started out cloudy with intermittent rain, Greenert promised the visiting mariners "at least a few beautiful days" during their stay in Hawaii.

"We love having you here," Greenert said. "I would like to extend a big aloha and welcome you to Naval Station Pearl Harbor. As we watched these wonderful ships pull into our harbor, we couldn't help but think of the proud naval heritage of the Russian navy. I am very happy to host you here in Pearl Harbor."

Greenert and Mardusin then addressed a small assembly, including the Honorary Consulate General for Russia Natasha Owen and several interpreters from Naval Security Group Activity (NSGA), Kuma.

"I am very grateful to the people and to the government of the United States for the opportunity to make a friendship visit to the heart of the Pacific islands and the heart of the Pacific Fleet here in Pearl Harbor," Mardusin said, via an interpreter. "All memories of the visit in 1995 are still very fresh in our minds. However, our ships have also visited each other during operations at sea while we performed joint exercises and joint tasks. I think we can honorably say that since that time, we have made steps towards understanding and extending trust towards each other."

Recently, two U.S. Navy ships made a port call in Vladivostok, Russia. The ships were the San Diego-based destroyer, USS Lassen (DDG 82) and the Sasebo Japan-based dock landing ship, USS Fort McHenry (LSD 43).

During their stay, Russian Sailors had the opportunity to visit various local attractions across Oahu, including The Mall at Pearl Harbor.

The day after their arrival, several Sailors met with local volunteer hosts. The hosts were made up of both military and civilian volunteers across Oahu. The International Hospitality Center (IHC) made the arrangements for the interaction of the Sailors and volunteers.

"This was a particularly successful visit enjoyed by community volunteers and by Russian navy sailors," said Barbara Bancel, executive director for IHC. "The volunteers were absolutely thrilled to be able to really show these Sailors the 'real Hawaii' and not just the touristy places."

For their part, the visiting Sailors told volunteers they enjoyed their time exploring Oahu. Sailors visited beaches, local hangouts and spots "off the beaten path."

Bancel said Sailors were very appreciative of the efforts the volunteers put into making the visit exciting and rewarding.

"The response from the Sailors was very positive," she said. "They said they had the times of their lives. They told the volunteers that they were not really used to receiving such an immediate feeling of warmth and friendship. I think it was a great demonstration of the true aloha spirit."

Sailors from Marshal Shaposhnikov hosted Commander, U.S. Pacific Command Adm. Thomas Fargo, Greenert and Commander Navy Region Hawaii Rear Adm. Barry McCullough at a reception aboard the ship, Oct. 26.

Cryptologic technicians (interpreters) (CTIs) from NSGA were among the 12 Navy, Army and Air Force translators assembled to assist with the visit. Cryptologic Technician (interpretive) 3rd Class Lena Akerson was assigned to help the Russian Sailors get around.

"I thought it was great," Akerson said. The 21-year old Sailor has been in the Navy for three and a half years. "I wish we could do this more often."

"Frees on the High Seas" contest underway, winners get free vacations

By Ingrid Mueller, Navy MWR Public Affairs

MILLINGTON, Tenn. (NNS) — Sailors can compete for a free vacation package while showing off their game during the "Frees on the High Seas" contest being held fleet-wide through Nov. 30.

"The Frees on the High Seas contest was made possible through a commercial sponsorship agreement between the Navy's Morale, Welfare and Recreation (MWR) division and AT&T," said Marc Meeker, assistant Navy Fitness Programs manager.

All active-duty members serving aboard U.S. Navy ships, submarines or Military Sealift Command ships are eligible to participate in the basketball free throw shooting competition.

"The best basketball free throw shooting male and female service members from each command embarked on a ship or submarine, will have their names entered into a prize drawing that will be conducted by Navy MWR and AT&T," explained Meeker.

One male and one female first and second prize drawing winner will be selected. Winners will have the freedom to create one vacation package or several smaller vacation packages. Vacations can be designed for the winners and their families, by themselves or with one guest.

"The first place prize is a \$5,000 vacation package to locations or events of the winner's choosing. The second place prize is a \$2,500 vacation package," said Meeker. "The vacation packages will be coordinated locally through the winners' servicing MWR Information, Tickets and Travel office and must be scheduled within nine months of the winners announcement."

Basketballs, contest flyers and entry packages have been shipped to the recreation coordinators on all ships and submarines. For full details on the "Frees on the High Seas" contest, visit the Navy MWR Web site at www.mwr.navy.mil and click on Mission Essential Branch.

In addition to the "Frees on the High Seas" contest, AT&T is hosting the "Take Another Shot" sweepstakes, where shipboard personnel who aren't able to participate in the free throw shooting contest can win prizes through a Web-based competition.

The grand prize in the "Take Another Shot" sweepstakes is a 10,000 minute pre-paid AT&T phone card. The second place prize is a 5,000 minute pre-paid AT&T phone card. One hundred third place prizewinners will receive one 1,000 minute pre-paid AT&T phone card. For complete details on the "Take Another Shot" sweepstakes, please visit att.com/sweeps.

Navy road-ahead for EA-6B readiness and operations

By JO2 Kimberly Rodgers, Navy News Service

WASHINGTON (NNS) — Naval Air Systems Command (NAVAIR) removed 19 EA-6B Prowlers from service Sept. 23, for repairs and maintenance due to structural fatigue damage, with 24 additional aircraft to follow within two months.

The reduction in active aircraft inventory is the result of recently completed engineering evaluations of structural health and reduced risk-to-tolerance commensurate with world events.

The Navy continues to optimize available EA-6B resources to best support current operational and training requirements, while keeping crew-safety the top priority.

The number of Prowlers will be reduced from 95 to 71 until spring, primarily to induct high fatigue aircraft with Wing Center Sections and Outer Wing Panels issues into depot maintenance for wing replacement.

Currently, the EA-6B is the most capable and only tactical electronic attack aircraft in DoD inventory. The Navy has worked very closely with other services to balance joint and naval operational requirements against available EA-6B aircraft. According to NAVAIR officials, the road ahead involves the carefully designed disestablishment of one of the Navy's four expeditionary squadrons, which dually provides an opportunity to achieve force reductions, while still fulfilling all joint and naval requirements.

Click it or ticket

It's that time of year again. The National Click it or Ticket Campaign. Come to the Sigonella Commissary parking lot to have your Child's safety seat inspected by NAS Sigonella traffic safety specialist, Tuesday Nov. 25th from 10 a.m. to 4 p.m.

News Briefs

Theater Prizes

MWR Theater, NMPS and AT&T are having a Military Family Appreciation Month Scratch for Snacks Promotion at the theater. From Nov. 1 to the 30, every movie patron will receive one scratch and win a game piece per visit from the theater box office. When the coupon is scratched, it will reveal a concession prize. One in three win. Losing tickets can be entered in the 2nd Chance Drawing that will be held after the last movie on Nov. 30.

For information call 624-4216.

Black & White Ball

Sigonella Military Lodge #160 is holding their annual Black & White Ball Nov. 22 from 8 p.m. to 2 a.m. at the Italian Officer's Club on NAS II. Formal Attire is required and tickets cost \$25 per person. Call Timothy Morris at 624-0623 or 340-329-8779.

U of P Winter Classes

The University of Phoenix is currently enrolling for the winter session. There are classes forming for both Masters in Business Administration and Masters of Arts in Education programs. Call Debbie Kaman for more information on enrollment and schedules or visit www.uopx.com/sigo. You can also stop by our office at the Education Center (bldg 713) or call 624-2514.

Holiday Craft Bazaar

A Holiday Craft Bazaar will be held Nov. 22 at the NEX parking lot from 12 to 5 p.m. Twenty-five dollars guarantees you a table and a chance to make extra cash. Signups start today, Nov. 14. For more information call MWR at 624-5271.

Exams Coming Soon

CLEP/DANTES/Excelsior exam dates are Nov. 18, 25, Dec. 9 and 16. The ACT exam will take place Dec. 18 and the SAT exam will be on Dec. 19. Space is limited so sign up today at the Navy College Office. Check out this websites for other distance education degree options. www.navycollege.navy.mil, www.petersons.com, www.collegeboard.org



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Fall festival in Nicolosi

On Nov. 15 and 16, an amazing food, arts and crafts festival will be held in Nicolosi.

The festival, which also features live music, kicks off on Nov. 15 at 4 p.m. at the city's public gardens.

On Nov. 16 at 9:30 a.m., local cheese makers will perform a demonstration of the ricotta cheese preparation.

Stanley Jordan to perform in Sicily

Virtuoso jazz guitarist Stanley Jordan will soon be on stage in three different Sicilian cities: Messina - Nov. 20 and 21- 9:30 p.m. at the *Annibale M. Di Francia* Theatre in piazza Spirito Santo n. 1; Siracusa - Nov. 22 - 9:30 p.m. at the *ASAM* Theatre located in via St. Pietro n. 20 and Catania - Nov. 23 - 9:30 p.m. at the *Sala de Curtis* Theatre in via Duca degli Abruzzi n. 6/a.

Jordan is world-renown for his unique technique, called the "touch" or "tapping," involving tapping on the fretboard with both hands at once, which allows him to play multiple simultaneous lines sounding more like a pianist than a guitar player.

These techniques have been around for a while, as other players, such as Jimmy Webster, Lenny Breau, Edward, Van Halen and Emmett Chapman have also used them. However, Jordan has rediscovered and developed them independently earning the status of "Touch Virtuoso." Yet, Jordan also uses traditional flat-picking and finger picking.

Jordan was born in 1959 in Chicago. He taught himself the guitar as a teenager and first

began performing as a street musician, playing in New York, Philadelphia and various towns in the Midwest and the South. He also performed with the numerous pop and soul groups working around Chicago in the mid-70s. However, winning a prize at the 1976 Reno Jazz Festival inspired him to begin studying music seriously. Thus, he earned a degree in music theory and composition from Princeton University. As his reputation quickly spread, he started playing alongside famous names such as Dizzy Gillespie and Benny Carter. In 1982 he recorded his first album: "Touch Sensitive." But the real success came in 1985 with the second album "Magic Touch" (#1 on Billboard's jazz chart for 51 weeks, two Grammy nominations and certified Gold in U.S. and Japan). Since that album, Jordan's band, which features a successful blend of jazz styles, has been performing at major international jazz festivals throughout the world.

Los Angeles Times jazz critic Leonard Feather wrote about him: "Genius is a word too often tossed around in musical circles, but it has been rightfully applied to Stanley Jordan."

For more information and tickets call *The Brass Group* at 095-7465174 or 347-6372592 or Ticket Box Office at 095- 72225340.

Hunchback of Notre Dame's Musical coming to Catania

The musical adaptation of Victor Hugo's historical novel *Notre-Dame de Paris* (The Hunchback of Notre Dame), dating back to 1831 and set in 15th century Paris, will be staged in Catania from Nov. 20 through 23 at the Nesima Superiore Sport Arena.



Photocourtesy of Catania Brass Group

Stanley Jordan, an amazing jazz guitarist who has the ability to sound like more than one guitar playing at the same time thanks to the use of a spectacular hammer-on technique, will be performing in Sicily from Nov. 20 through 23.

Notre-Dame de Paris, which is directed by Gilles Maheu with music by Italian composer and singer Riccardo Cocciante, first opened in Paris in September 1998 selling over 600,000 tickets in the first six months. After the successful Paris'debut, a four-month tour of Canada sold out more than 300,000 tickets. The musical has also played a sell-out tour of France, Belgium and Switzerland, with ticket sales exceeding one million. 3.5 million copies of the original cast studio album have been sold in Europe and Canada, with the album staying as No.1 for 17 weeks in the French charts. The live double album has sold over one million copies and the single "Belle" has sold over 2.5 million copies in France alone.

Tickets range from • 22 to • 60. For details and ticket reservations, call the Musical Call Center at 06/45438800 (dial 11 after the auto answer to be connected to an operator) or Catania Box Office at 095/7225340.

Classic music concert in Catania

The Baroque music ensemble *Insieme Strumentale di Roma* directed by violinist Giorgio Sasso will perform on Nov. 19 at 9:15 p.m. at the magnificent Biscari Palace Auditorium, which is located in via Museo Biscari n. 10. This acclaimed chamber music group will present works by Vivaldi, Corelli and Bach. For more information and tickets call 095-321252.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMUNITY CALENDAR						14 Catania History ITT Call 624-4396
16 Cefalu and Castlebuono Agriturismo Farm ITT Call 624-4396	17	18 50th Day of School Celebration 5 to 7 p.m. family event School Cafeteria	19 Rainbow Playgroup 10 to 11 a.m. 205 Housing	20 Tyson Labels and Box Tops Collecton Day all day Elementary school	21 Catania by Night Liberty Call 624-5187	15 DEFY Meeting 10 a.m. to 2 p.m. School cafeteria
23 AU Grand Drawing until Jan. 1 Call 624-4271	24 Frozen Turkey Bowling 12:30 a.m. Toss some turkeys for prizes Take 5	25 Thanksgiving Dinner 6 to 8 p.m. all parents welcome BLAST	26 Pre-Teens Turkey Toss prizes for top three tosses Youth Activies Center	27 Happy Thanksgiving	28 Thanksgiving Swim It Off prizes for most laps in one hour register at NAS II Pool	22 Operations Seasons Greetings holiday music variety show NEX parking lot
30 Agrigento Valley of the Temples & S. Leone Beach ITT Call 624-4396	1 Intermural Basketball Pre-Season Starts Call 624-2710	2 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School library	3 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School library	4 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School library	5 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School library	6 Chapel Christmas Play & Contatta
7 Randazzo Market and Valley Galfina Wine Tasting ITT Call 624-4396	8 Holiday Library Pursuit until Dec. 31 win a free DVD Library Call 624-4331	9 Ballet Classes Offered 205 Youth Center or Mineo Rec Center	10	11 Recreational Boxing every thursday 6:30 to 8:30 p.m. Activity Zone Call 624-4295	12 Giselle by Adolphe Charles Adam Ballet 8:30 p.m. first showing ITT Call 624-4396	13 Jingle Bell 10K Run registration 7:30 to 8 a.m. youth run 8:15 a.m. adult run 8:30 a.m. NAS I Fitness Center Capt. Cup event Call 624-4483/5243

Trivia Answers

- 1) *Gulf of Bothnia.*
- 2) *The Andrea Gail.*
- 3) *Newborns.*
- 4) *Howard Cosell.*
- 5) *18,600,000 miles.*

Word Find

Popular Girls Names

L L E L Y G M M S H N L I A G I B A J U H X M N F
A D D Q E A Z T A A A U O S V K A Y L A C H N T V
X L O A D H E M G K A N X Z N T A H T N A M A S Z
A G Y I I P C R E O A P N E Y E N D Y S E U A X Z
Z C S S H R O A A G S Y N A H Z G J P C O E R J C
G O I A S M A T R Q A I L A H K O P A E T T M L H
N F N S I A H M M Z M N A A L C P R L B D V A A P
Q I V U S V X M T S O F A K L G E W C R E I U C
E Q M O P E C E A D N A M A F V E I R E I A R R H
A W O A I J J J M A C K E N Z I E B F T I S O E L
C N I S V Z W C T B C F C C X D V I A R A F T N O
G G N O R A Y M J V X H A T K J N Y D S R R C Q E
E X T E P S D X B U A A I H L N L N E Q I N I D S
Q L Q Z J L K X P L C A H S E O A P N K S S V E D
N T I S A V A N N A H L P J R X M G K V O J U S O
Y Y T Z K D Y A Q R A L O V E K M C U A O I E T P
B N R A A E Y E L A H I S L G A E S C R I M M I A
U Z L N L B R J H I G S A E A T A A D G U T P N K
X S J H N J E M N X E O Y J P H N A N L J N L Y A
Q N S G U P A T P E M N S H U E N O L I V I A Y Z
H A I L E Y O V H L I C K A P R A H J W C B V J N
H T I A F A K U W A L S N W Y I A Y E Z O P H K
N A T A L I E Q U J Y N L U P N R R M U R E L Y G
B D Z Z Z F A K L T A O J A Y E B A P U L U C E N
T K R P N O I R F Z S W Z P D W P S N L X O K T O

ABIGAIL	DESTINY	JASMINE	MACKENZIE	PAIGE
ALEXANDRIA	ELIZABETH	JENNA	MADISON	RACHEL
ALEXIA	EMILY	JENNIFER	MAKAYLA	SAMANTHA
ALLISON	EMMA	JESSICA	MARIA	SARAH
ALYSSA	FAITH	JORDAN	MEGAN	SAVANNAH
AMANDA	GRACE	JULIA	MIA	SOPHIA
ANNA	HAILEY	KAITLYN	MORGAN	STEPHANIE
ASHLEY	HALEY	KATHERINE	NATALIE	SYDNEY
BRIANNA	HANNAH	KAYLA	NICOLE	TAYLOR
CHLOE	ISABELLA	LAUREN	OLIVIA	VICTORIA

TRIVIA

- 1) What body of water lies between Sweden and Finland?
- 2) What was the name of the fishing vessel in the movie "A Perfect Storm"?
- 3) What population group is most likely to suffer from laryngomalacia: adolescents, newborns, middle age or elderly?
- 4) The news of John Lennon's murder on Dec. 8, 1980, was made on television by what reporter?
- 5) Jupiter has the most powerful magnetosphere in the solar system. How far into space does it extend (north to south)?

(Answers on page 6)

Movie Connection

AMC's Theater Schedule

Friday, Nov. 14



5:30 p.m.
Once Upon A Time
In Mexico (R)



8 p.m.
Runaway Jury (PG-13)**

Saturday, Nov. 15



1 p.m.
Brother Bear (G)**



3:30 p.m.
My Boss's Daughter (PG-13)



6 p.m.
The Order (R)

Sunday, Nov. 16



1 p.m.
Intolerable Cruelty (PG-13)



3:30 p.m.
The Medallion (PG-13)



6 p.m.
Once Upon A Time In Mexico (R)

Monday, Nov. 17



5:30 p.m.
The Order (R)*



8 p.m.
Runaway Jury (PG-13)

Theater Closed Tuesdays

Wednesday, Nov. 19



5:30 p.m.
Cabin Fever (R)



8 p.m.
Once Upon A Time
In Mexico (R)

Thursday, Nov. 20



5:30 p.m.
The Medallion (PG-13)*



8 p.m.
Secondhand Lions (PG)

Friday, Nov. 21



6 p.m.
The Matrix Revolutions
(R)**



9 p.m.
The Matrix Revolutions
(R)



DoDDs students talk about what's happening in the community

PTO family event

The Elementary PTO is sponsoring the 50th Day of School Celebration Family Event. Come join us on Nov. 18 from 5 to 7 p.m. in the school cafeteria. Remember to dress in 50's style clothes and encourage your child to dress up all day at school too! In keeping with the "50's" theme, admission for this event is 50 cents per person, and dinner food items will be sold for 50 cents each, so bring your quarters.

Bring your dimes too, because at this fun-filled evening, the winning class for Dimes for Decatur will be announced. You will have one last opportunity to contribute to your class' dime donations from 5 to 6 p.m. The money will then be counted and added to the current totals, with a winner being declared shortly after 6 p.m.

Parents and students will also have one last opportunity to order Stephen Decatur Elementary ETNA Knights sweatshirts. These are pre-paid orders only, so bring your checkbook. We hope to see many families this evening as we celebrate the 50th Day of School.

You found the money

Thank you Sigonella! Stephen Decatur Elementary School has outdone itself collecting over 3,950 Box tops labels and over 50 Tyson labels for a sweet October total of \$405 dollars. The elementary school has already doubled last year's numbers. This year our goal is to reach twenty-eight thousand Box tops labels and ten thousand four hundred Tyson labels. We know we can make it because we have you to rely on.

The October class winner is Mrs. McCarthy's 4th Grade. Her students collected an awesome 629 Box Tops labels and 14 Tyson labels, for a grand total of \$66.26. They will be celebrating with a Pizza party.

This is just the beginning of a wonderful year! Remember to clip and collect all those Labels. Box tops are worth \$0.10 each and Tyson labels are worth \$0.24 each.

November 20th will be the next collection; so do not forget to send those labels to school. However, if you do not have kids at the school and want to contribute, there is a yellow collection box at your friendly neighborhood commissary. Every label counts!

Application window open for scholarship program

By Donna Miles
American Forces Press Service

Nov. 4 kicks off the application period for the children of active duty, retired and Guard and Reserve members to apply for \$1,500 academic scholarships. The application window for the 2004 Scholarships for Military Children program extends through Feb. 18.

Now in its fourth year, the program, operated by the Defense Commissary Agency <<http://www.commissaries.com/>>, has awarded nearly \$2.5 million in scholarships to some 1,500 children of U.S. service members and retirees.

The goal, according to Kay Kennedy, chief of corporate communications for the Defense Commissary Agency, is to award at least one scholarship at every commissary location, depending on the number of qualified applicants and funding.

Funding comes from manufacturers and suppliers whose products are sold at military commissaries, Kennedy explained. In addition, the Fisher House Foundation is underwriting the program's administrative costs.

The general public can also contribute to the program through the Fisher House Foundation <<http://www.fisherhouse.org/>> and the Armed Forces Foundation <<http://www.armedforcesupport.org/>>.

Air Force Maj. Gen. Michael Wiedemer <http://www.commissaries.com/documents/BIO_HQ_Wiedemer.pdf>, director of the Defense Commissary Agency, said he is excited about the program's growth. Last year, 550 scholarship recipients were selected from 6,500 applicants.

Among them was Matthew Clark, a junior at Pomona College in Claremont, Calif., when he learned last year that he had been selected to receive what he described as a much-needed scholarship.

Clark wrote to officials at the Defense Commissary Agency that he always sensed that his father, a disabled Vietnam Veteran, had felt extreme frustration about not being able to work and provide for his family.

"I see this scholarship as an act of appreciation for what he did for our country," Clark wrote. "When I found out that I had won the award, I wrote him a letter of thanks. I told him that without his sacrifice, I would not have even had the opportunity to apply."

For more information about the scholarship program and application procedures, visit the program's Web site <<http://www.militaryscholar.org/>>.

Sat. Nov. 15

Take a Turkey Trot through an orange grove. Run in the 5K all-terrain Fun Run and gobble down free pancakes after the run. Starts at 8:30 a.m. at the NAS 1 Fitness Center. Pre-registration \$12, race day \$15.

Go Saturday shopping in Caltagirone with Liberty. Buy your Christmas gifts now in time to mail them home. Sign up and pay by Nov. 14 at Take 5. For more information on Liberty events, call x5187.

Tour the capital of Sicily, visiting the Catacombs, the Palatine Chapel, and Martorana Church. Call ITT at x4396/x4777 for more information.

Sun. Nov. 16

Visit the quaint town of Castelbuono with a meal at an agrituristic farm. Then you're off to the beautiful coastal city of Cefalu. You'll visit the cathedral, lungomare, and a medieval washhouse. Call ITT at x4396/x4777 for more information.

Visit Nicolosi and celebrate the "Summer at St. Martino Festival." You might have a chance to go shopping. Call ITT at x4396/x4777 for more information.

Mon. Nov. 17

It's BINGO time! Grab your doobers and head on up to the Crater Pub. You could win \$1,500. Cards go on sale at 5:30 p.m., games begin at 6:30 p.m.

Tues. Nov. 11

It's Tuesday Night Football at JOX Sports Bar. Kick off the evening at a JOX Tailgate Party with free food and drink specials. Then join in for a game of JOX Blox. Call x5604 for more JOX Blox information.

Wed. Nov. 12

Having a bad day? Stop by Take 5 from 11 a.m. to 3 p.m. on "Having a Bad Day" Day and tell them about it. Enter to win prizes to turn a bad day into a good one.

Thurs. Nov. 13

Get in the ring. Try some recreational boxing from 6:30 p.m. to 8:30 p.m. at the NAS 1 Activity Zone. For more information, contact Chaplain Creider at x4295.

SPORTS

World Military Games coming to Sicily

By JO2(SW) Brian Johnson
Staff writer

Next month for the third time ever, 104 nations will send athletes to compete in the World Military Games in Catania. Athletes will compete in swimming, lifesaving, soccer, modern pentathlon, volleyball, track and field, judo, sailing, boxing, cycling, diving, fencing, diving, cycling, water polo, marathon and basketball.

The Games are put on every four years by the "Conseil International du Sport Militaire" (CISM), an organization originally founded by five nations, Belgium, Denmark, France, Luxembourg and the Netherlands in 1948 to promote friendly competition between nations. Since 1948, sports have been added and removed from the list of sports that CISM sponsors. Many of the sports hold their own yearly championships, many of which are sanctioned by amateur sporting associations throughout the world. In 1995 the first World Military Games were held in Rome with over 4,000 athletes from 93 nations competing. Four years later in Zagreb, Croatia, more than 6,700 athletes from 82 nations came together.

This year's competition in Catania kicks off with the soccer tournament on Dec. 2. The rest of the events start two days later on the Dec. 4, and run through Dec. 11.

While America isn't competing in the soccer tournament they will have their work cut out for them in the sports in which they are competing. This will be a general rundown of who to watch in every event as well as information on where to go to root on team USA to gold in their events.

Basketball may have been invented in America but in the World Military Championships teams like Russia and Croatia are the perennial favorites due to their ability and tendencies to recall National Basketball Association players to military service so they can put the best teams on the floor. America generally puts up a good fight for the title but set against nearly impossible odds the teams to watch are Russia and Croatia. However, some African and Asian countries sometimes sneak onto the podium as well. This year's competition will feature a women's tournament as well as the men's tournament. The basketball competition will take place at Catania University Sports Centers:

Cittadella and St. Sofia and Jungo Indoor Arena in Giarre.

Track and field is a sport dominated by Italy and Eastern European nations in recent years, with the exception of the distance events, which are ruled by Kenya. Team USA stands a good chance in various individual events, but they will find themselves sharing the podium with Italy for many of them. Track and Field events will be held at Cibali Soccer Stadium in Catania.

Modern pentathlon is a separate event from the track and field events and is dominated by Belarus, the Czech Republic, Hungary, Russia and Poland. Team USA will put up very strong competition, and hopefully will end up at the top of the podium at the end of the competition. No venue at publication has been selected for the competition.

This year's **soccer** competition will see Egypt and Greece hoping to face each other in their third consecutive final, but some of the African nations hope to keep that from happening. Either way if you're a soccer fan this year's competition will have plenty of action, even if you don't get to root for team USA. The soccer competitions will be held at Cibali Stadium in Catania.

The **swimming, diving and water polo** events this year have a local flavor as Lt. Ian Johnston from TSC will be competing for Team USA and with some Sigonellian support hopefully can earn a place on the podium at the end of the tournament. Johnston will have his work cut out for him as many nations have exceptional swimmers in the competition. Diving is dominated by China and Russia, while water polo is generally a competition fought by Russia and Croatia. The swimming events will be held at Nessima Pool in Catania.

If you're into boats then the **Sailing** competition may be the event for you. Norway and Sweden are the perennial favorites, but teams from the Canada and USA occasionally sneak aboard the podium. The venue for the sailing competition has yet to be determined.

Volleyball is dominated by China, however team USA can put forth a good fight and challenge for the gold against China if they play their best. The venue for the volleyball action has yet to be determined.

Judo promises to be a good show with the Netherlands, WMG, page 10



Photo courtesy CISM

The Lane

Thanksgiving
Swim It Off

Friday Nov. 28, at the NAS II pool you can swim off your huge turkey dinner. prizes given for most laps in one hour. Call 624-4334 or 624-5335.

Sigonella
Circuit Training
Club

Become a member of Sig's newest weight training club. Get in shape the right way. Club runs until Nov. 21 so you still have time to get started. Participate at either of the Sigonella fitness centers. Call 624-2710 for more information.

Intramural
Basketball
Pre-season

Start gettin your game on, on the court before the season starts. Pre-season begins Dec. 1. Both men's and women's leagues. regular season begins Jan. 6.

5K Off Road
Turkey Trot

Saturday, at 8:30 a.m. at the NAS I Fitness Center. Registration begins at 7:30 a.m. This will be a cross-country race run through an orange grove. Entry fee is \$10 prior to race or \$15 on the day of the race. T-shirts awards and free pancakes after the race.

How to avoid Spider bites

Courtesy of NEPMU-7

There are over 30,000 species of spiders known throughout the world.

A spider has two body regions and eight legs. Spiders, unlike insects, do not have wings or antennae. They are beneficial to humans in many ways. A spider's primary food source is insects; therefore, having them around may actually lower the number of insects around buildings. A spider's silk is also used for such things as spotting scopes on rifles.

Spiders do not intentionally bite humans but do so only as a means of defense. Most spider bites do not hurt and therefore will go unnoticed until a reaction occurs in the affected area.

People may react differently to spider bites. Frequently you will notice a reddened area that, over time, may enlarge into a small puss-filled blister. The blister will be slightly hardened and could be confused with that of an infected pimple. The best way to distinguish a spider bite is the presence of two small puncture marks. Unfortunately, once the area becomes inflamed or blisters the marks are virtually impossible to see.

The first thing to do if you think a spider may have bitten you is to remain calm. Alcohol and/or an ice pack can be applied to reduce swelling. Iodine or hydrogen peroxide may be applied to reduce the chance of infection.

If symptoms such as fever, nausea, stomach cramps, dizziness, or the development of an open sore in the area occurs seek medical attention immediately. If possible bring along the spider for proper identification.

How to avoid getting bitten.

- Spiders prefer cool, dry, low traffic areas. Be aware of these areas in and around your environment.
- Clean low traffic areas frequently.
- Do not leave debris, clothes, newspapers, books, etc. lying around. These things only attract spiders to the area.
- Shake items that you have not used in awhile before you plan to use them.
- Most importantly, be careful in areas where you have noticed spiders before.
- Frequently clean away spider webs and egg sacs in your area.
- Ensure that screens, doors, and windows are properly fixed. Young spiders can easily fit through screens and loose fitting doors and windows.

If applied properly, insecticides may be used to kill any unwanted spiders. Check the Commissary for insecticides labeled for spiders. Read the label carefully and completely before applying.

Feedback from page 1

100 vehicle break-ins," Bitar said. "Please be smart," he continued. "Don't leave your personal items in the car."

Bitar also announced that parking on both NAS I and NAS II is set to improve. On NAS I, 76 new parking spots are scheduled to open by January in what was formerly the teachers' parking lot at Stephen Decatur School. Plans are underway to build two new parking garages on NAS II, the largest, to be located in the lot in front of the Flightline Clinic and the 7-Day Store, will be five stories tall and hold more than 600 vehicles. The garage projects, schedule to begin in May of next year, will be delayed by at least three months due to a contract dispute.

A caller asked the executive officer if their was any truth to the rumor that, due to the building of the Marinai Housing complex, gas ration coupons for American military personnel would be cut. Bitar said that although he had heard the same rumors, he has seen nothing official suggesting an impending change. "It may well happen," he said, noting that the policy was designed to give American drivers a tax break so that the price for gas closer to what is paid in the U.S. If the Italian government believes that relief is no longer needed that break could end.

Another caller asked about the possibility of expanded hours at the base Child Development Centers (CDC). "I know they're looking at a CDC at Marinai, but I haven't heard anything on this particular question." He continued, saying that he would ask the CDC and find an answer.

WMG from page 8

lands, Russia, Italy, Austria, France, Korea, China and Brazil all having superior fighters. Team USA can grapple their way to a place on the podium with a little cheering on from their fellow countrymen. If you want to watch the action in the Judo competition make your way to Pala Cannizzaro in Catania.

Boxing can be anyone's domain, but in the World Military Games it has traditionally been dominated by Russia, the nation with the "Iron Fist." If you go to watch the boxing action don't expect to see many knockouts because the boxing competition is full of world-class athletes many of whom hold or have held Olympic or civilian world championships. The USA doesn't have anyone competing in this year's games, but the action could still prove exciting. No venue has been picked for the boxing competition.

In the end, Team USA stand a good shot at an impressive medal count at the end of the competition with a little help from fellow Americans cheering them on. Go USA!



Artist from page 1



SK2 Class Frederick Short works in the Naval Air Station (NAS) Sigonella Public Works Department with a sculpture of a bee which will be used to make a mold to create identical bees for use on such things as plaques.

Bahrain, it was finding what local materials I could find," he said. "The whole thing was created, I didn't have any time to purchase lettering. Usually I purchase lettering." Short used two sizes of rope, styrofoam and anything he could get his hands on to make the emblem.

"This is probably the most rewarding stuff I've done, taking into consideration that of course 9/11 affected us all," said Short, "and the fact that I also miss the camaraderie of being in the military...of being here and doing what I love to do best," he said, "and being able to let the folks here reproduce it and build the morale, especially overseas at this point in time. It's a real pleasure to be over here and do this kind of work for these folks."

Aside from artwork, Short also likes to help out wherever he can, such as with his reserve unit, Naval Cargo Handling Battalion 10 (NCHB 10). "We mainly drill out of Norfolk," he said. "We had one major operation where we were supporting Operation Enduring Freedom. We were working at a forward air cargo logistics site. That was very motivational...being able to help out."

Commands can use these emblems for photo opportunities, ceremonies and other functions. Short explains that it can be beneficial. "Your command and your folks really get motivated," he said. "[It also can] build esprit de corps...if they just give me a chance to create something like this."

Capt. Michael Blount, NASSIG public works officer, enjoys having reservists such as Short come to his command. "It's inspiring work," said Blount. "I just want to get him back. We're redoing our Public Works symbol and it'd be great to get a new disk crafted."

"We had a reserve Seabee battalion who just left, Naval Mobile Construction Battalion 26 (NMCB 26), that happened to have some very talented tradesmen in their group, which helped us a lot on a project at NAS I. Petty officer Short is another great example of what you can get."

"These reservists want to come here," said Capt. Warren Barkley, Reserve Liaison Officer. "A lot of it has to do with the support from the active duty side. I really see that here. They always jump right in with their own talents."

Short encourages others looking to enter the reserves to share their talents. "If they have an ability, that's the thing to do...share that ability," he said. "Everyone has their own situations, but mine is one where I can devote this time here and now. I can make a difference in people's lives in the Navy. That's the biggest reward right there. Someday I'll come back here, to Bahrain, or New Orleans. They might not recognize me, but they'll recognize my work."

Dental from page 1

There are four classes of dental readiness. Class one means that a patient has no dental needs with class two meaning that something small needs to be done, such as a cleaning. Class three means that there is significant work that must be done and class four means it is time for an annual exam. "We want to see what condition your mouth is in so we can inform you if any work needs to be done," said Babinec. "We want to prevent any emergencies and in case you get deployed, you don't want any dental problems."

Dental problems if not taken care of can affect mission readiness in many ways. "Class three and four hurt the dental readiness, as well as reducing the access to care for family members by wasting valuable appointments; so we try to reduce those numbers and maximize the class ones and twos," Babinec said.

In order to accomplish that mission more manpower is often needed and it not unusual to see Babinec, who has 22 years in the Navy, working side-by-side dental technicians instead of in his office doing administrative work. Also, it is not uncommon to arrive at an appointment and be greeted and worked on by local nationals who have been screened and



The dentist performs a dental procedure in AT2 Timothy Gillespie's mouth. The Dental Clinic must maintain at least 95 percent dental readiness for active duty in NAS Sigonella at all times.

meet hospital standards. "We try to treat as many (active duty) patients as possible while opening up appointments for civilians and family members," Babinec said.

Cancelled and missed appointments also hurt the dental readiness, according to Babinec, since most of those fall into the second or fourth category.

"We do not have the specialists here that we would like but we can provide most routine dental care such as fillings, uncomplicated root canal therapy and minor periodontal/gum work... we have orthodontists with children being the first priority, we also have a pediatric dentist for children ages eight and younger and an exodontist to remove troublesome wisdom teeth," said Babinec. Active duty members needing more complicated work done are usually sent to Naples or Rota. Dependents are rarely sent, however they are referred to screened and professional dentists in the local economy.

"Dental care is important wherever you go," Babinec said. "We in Dental stress prevention, daily homecare with thorough brushing flossing... it should be that when you come into Dental you should just need an exam and a minor cleaning, people keep putting it off and putting it off. Some people take dental health for granted and only come in when they are in pain."

"I think that a lot of family members when they are looking at transferring back to the states and realize that they are going to have to start paying for dental care, it becomes a priority to them," said DTC Helen Pinkas, Customer Service Representative. "They expect to get in and get all of their work taken care of in a certain period of time. We have only have eight or nine dental technicians to service a population of over 7,000, and the work needed will take repeated visits," said Pinkas. Pinkas also stressed that if they would come in the first year and followed up with annual exams a lot of the problems that could occur could be prevented or treated. "They take us for granted until the time comes when they are in pain having some kind of problems or are about ready to PCS to the states," Pinkas said.

Those who are afraid to go to Dental need not worry. The technicians are trained to handle everyone in a courteous and professional behavior. "We demand it from the technicians... any indiscretion is frowned upon and we address it right away," commented Pinkas.

The medical benefits of being in the military are numerous. Dental work that you get done free of charge while in the military can cost a lot of money in the civilian world. Taking advantage of the benefits while in the military can save you money and your smile.

SAF from page 1

being transferred to us," said Lewis. "At the old facility, we couldn't maintain the environment very well because the concrete was all cracked."

The move comes as part of the NAS I recapitalization project, which will make use of the old area for other purposes. "The old facility was pieced together from excess supplies, it wasn't ever planned or built, it was just parts that were found," said Lewis. "We had a contractor who had some extra concrete to make a run area. The chain mesh was leftover from a construction job, things like that. [The Public Works Department (PWD)] and the [Resident Officer in Charge of Construction (ROICC)] are all working with us well to get it perfect," he said. "We've been working almost a year and a half now to get [the facility] to what it needs to be."

Running some of their animal programs has also been made easier. "It enables us to run the 'Cat Colony' program a little more efficiently," said Lewis. We have better storage for the animals so we can run it a little more efficiently and hopefully a little bit quicker." The "Cat Colony" program is a twin program with the trap and release program where stray cats on base are trapped, sterilized, vaccinated, and identified to keep track of them. "Then we release them back where we caught them," he said. "Because of the cat's territorial nature, that will keep a vacuum effect from

happening...it will keep other unhealthy animals out."

It's easy to adopt one of the animals at the SAF. "All they have to do is come in and meet with us and we'll take them over and show them the dogs, and if they're interested in a dog we'll let them socialize with it to see how they interact," said Lewis. "If there's kids, we can have the animal under control while it meets the child to be sure that it's all going to be okay. Then we go over to the vet clinic and they fill out an adoption form, pay [a fee], sign a couple information sheets at the vet clinic and do a records set up. From there they take the dog home. It takes about 15 minutes."

Even with the new facility, the SAF can still use help. "We're always needing donations of cat litter, food, and monetary donations, which can be made through the Sigonella Animal Welfare Society (SAWS) and the vet clinic. They cat colony program needs volunteers to help build a cat colony. We're going to have a workday on Nov. 22, a project day where if enough people show up we'll actually build one colony and clean up around the other ones. PWD and the Boy Scouts are helping us build the 'final solution' cat colony, which is a 50 foot by 75 foot triangle right behind the hospital."

The members of SAF will not trade the new facility. "It helps us do our job better," said Gorder.

(Right) "Sofia," an occupant of NAS Sigonella's new Stray Animal Facility, which opened on Nov. 3, stares out from her kennel. The new facility has increased capacity, better sanitation, a climate controlled cat room, and is easier to maintain than the old building.



Photo by JDS Steve Mawer